

Knee arthroscopy

Sometimes you may be referred for knee arthroscopy surgery to investigate and repair the cause of your knee pain. An arthroscopy is a type of keyhole surgery that involves making very small incisions around your knee for a procedure that is as minimally invasive as possible. A small, thin metal tube with a camera, known as an arthroscope, is used to examine the inside of your knee to identify what might be causing your knee pain. Special instruments can then be inserted through the small incisions to help rectify the problem.

Expert advice to help you manage your recovery

We want to help you back on your feet and support a speedy recovery. You'll have the opportunity to ask your Consultant any questions you may have around the procedure, treatment and your recovery, to ensure you are well-informed and allow yourself time to heal properly. Our Physiotherapy team will also work with you on a programme that is tailored to your needs, so you can focus on a safe and efficient recovery.

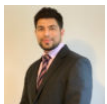
Prices & payment

We offer a guide price of:

Knee arthroscopy
£3,530

The guide price is based on the usual clinical needs of patients. For more information, please see our [terms and conditions](#).

Consultants



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Knee arthroscopy operation FAQs

What does knee arthroscopy surgery involve?

Your Consultant will discuss the procedure with you, so you know exactly what to expect.

During the procedure, your Consultant will usually make about three small incisions around your knee joint whilst you are under general anaesthetic. They will then pass the arthroscope through one of the incisions and use the camera to see inside the joint and identify any problems.

Your Consultant will then be able to repair or remove damaged tissue or cartilage through the other incisions.

The operation usually takes about 30 minutes, although this is dependent on what is required once your Consultant can see inside the joint. Following the procedure, your Consultant will

close the wounds from the three incisions and wrap a bandage around the knee.

Where will my knee surgery take place?

Regardless of where you had your initial consultation, all surgical procedures take place at KIMS Hospital in Maidstone. Most outpatient appointments, including scans and tests and follow up appointments with your Consultant, can take place at either KIMS Hospital or Sevenoaks Medical Centre.

How long will I stay in hospital?

You should be able to go home the same day, although your Consultant will be able to discuss this with you prior to your procedure.

How long does it take to recover, and will I be in pain following knee surgery?

You should expect your knee to be swollen and sore to begin with, but this should ease over time and your Consultant will explain about managing pain control following your procedure.

It is usually possible to return to light activities within a couple of weeks of your procedure, but this will be dependent on the extent of the operation. It can take up to six months before you can take part in sports again.

Recovery time will vary from patient to patient. Your Consultant will be able to discuss your recovery time with you during your follow-up appointment.

When can I drive and return to work?

As recovery time will vary from patient to patient, driving again or returning to work will also vary, depending on the progress you make. Usually, you should be able to start driving again a week to two weeks after your procedure.

Depending on your line of work, it's usually possible to return to work within a couple of weeks after your procedure, but this will be dependent on the extent of the operation and the progress you make during recovery.

Your Consultant will be able to discuss your predicted recovery time with you.